About The Acai Berry

The acai berry (ah-sigh-ee) grows in the Amazon Rainforest on acai palm trees and looks like a purple marble or purple grape. The Acai berry (fruit) is 90% seed pit and 10% acaí pulp and must be carefully handled before it can be consumed. During the process the acai berries with water are put into a machine and are agitated against one another. This process separates the acaí pulp from the seed to produce a thick acaí fruit pulp puree.

Acaí berry has a unique tropical fruit flavor and provides a high level nutritional benefits. The acaí berry contains high levels of antioxidants also known as anthocyanins. It also contains Omega Fatty Acids (healthy fats), Amino Acids, Fiber, Iron, along with many other vitamins and minerals (Nutritional Value of the Acai Berry and Acai Berry Juice). An amazonian traditional recipe mixes acaí fruit pulp and natural guarana seed, which gives energy and heighten mental clarity that has caffeine like effects when combined with guarana.

Natives living in the Amazon river region in Northern Brazil, have had as part of their diet the acaí berry for hundreds of years for its nutritional value. Its healing and wellness powers are legendary throughout the area. The popularity of the acaí berry is starting to spread from Brazil to the rest of the Americas.

Acai Berry has the following nutritional, health and wellness properties:

- Antioxidant
- Antibacterial
- Anti-inflammatory
- Antimutagenic
- Cardiovascular System

Acai berries contain very high amounts of essential fatty acid & omegas proven to lower LDL & maintain HDL cholesterol levels. They also have a remarkable concentration of antioxidants to help combat free radicals and premature aging. Acai Berry is a source of a particular class of flavonoids called anthocyanins. The ORAC value of Acai Berry is higher than any other edible berry in the world! Acai Berry is also an excellent source of dietary fiber!

Acai is extremely rich in organic vegetable protein which does not generate cholesterol during its digestion and is easier processed and transported to your muscles than animal protein (such as in milk or meat). Besides its outstanding content of protein and unsaturated lipids, acai is also rich in carbohydrates which provide your body with the necessary energy while working or practicing any kind of sport. That is why acai is served in most gyms, sport clubs and beaches all over Brazil.

According to medical research studies conducted on the acaí berries, and cited below, their analysis reveals:

An amazingly high concentration levels of antioxidants contributed to combating premature aging.
The proanthocyanidine contents in Acai Berries are 10 to 30 times the anthocyanins (these are the purple colored antioxidants) of red wine per volume. (1)

Although the French have a high fat diet, they have a low incidence of cardio vascular disease compared to the western countries. They contribute this factor to their consumption of red wine. (5)

Acai Berries can help promote a healthier cardio vascular system and digestive tract, because of its synergy of monounsaturated (these are the healthily) fats, dietary fiber and phytosterols.

An excellent source of fiber! There are approximately 2 grams of dietary fiber in our Açaí Energy Mix. Fiber promotes a healthy digestive system. Research studies suggest soluble fibers may help lower blood cholesterol. The insoluble fiber may help to reduce the risk of developing certain types of cancers. (5)

Essential amino acid complex along with trace minerals, which are vital for proper muscle contraction and regeneration.

Aside from the energy and fluid replacement, Acai Berries provide a nutrition profile complete with vitamins, minerals and essential fatty acids (omega 3, 6 and 9).

The fatty acid ratio in Acai resembles that of olive oil. Studies suggest this is a contributing factor to the low incidence of heart disease in Mediterranean populations. (1,5)

Acai Berries contain plant sterols including beta-sitosterol. Today, sterols are being used to treat associated benign prostate dyperplasia. (6) These plant sterols have also been shown to help control cholesterol as well as act as precursors to many important substances produced by the body. (7)

Acai: The Amazon Acai Berry
With 10 times the antioxidants of grapes and twice the antioxidants of blueberries, the Brazilian Acai berry (AH-sci-EE) is considered to have the best nutritional value of any fruit on earth.

Nutritional Chemistry

- **Polyphenols**: 16 (14 - 212 mg/L)
- **Anthocyanidins**: Thirty times the amount in red wine.
- **Phytosterols**
- **Monounsaturated (healthy) fats** (fatty acid ratio resembling olive oil): including essential omega fatty acids: Oleic (omega 9)
- **Polyunsaturated fatty acids**: Linoleic (omega 6)
- **Alpha-tocopherol**: natural Vitamin E
- **Trace minerals**: copper, iron, calcium, cobalt, chromium and manganese
- **Dietary Fiber**: 7 grams / 100 grams
- **Protein**: amino acid profile similar to
- **Low glycemic index**

**Content per 100 grams of Acai:**

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- Acid: 0.13%
- Brix: 45.90 g
- Protein: 6%
- Fiber: 16.9g
- Niacin: 0.40mg
- Phosphorous: 58mg
- Iron: 11.8mg
- Vitamin B1: 0.36mg
- Vitamin B2: 0.01mg
- Calcium: 9mg
- Vitamin C: 9mg
- pH: 5.21
- Calories: 247

**OMEGA FATTY ACIDS;** (Omega 9, Omega 6, and Omega 3). These mono-saturated essential fatty acids help lower LDL (harmful cholesterol) while maintaining HDL (beneficial cholesterol). This unique ratio resembles the same combination as olive oil. Omega fatty acids combat heart disease by increasing healthy cell development. Omega fatty acids are essential for healthy nervous system development and regeneration. They help rapidly repair and rejuvenate muscles after intense exercise.

**AMINO ACIDS;** the Acai berry contains an almost perfect essential amino acid complex. This is vital for proper muscle contraction and regeneration, and for endurance, strength, sustained energy and muscle development.

**NATURAL VITAMIN E;** to protect against aging.

**THEOBROMINE;** acts as a bronchial dilator to help open air passage ways in the lungs. This increased air capacity helps in oxygen intake, which increases endurance, strength, and athletic performance.

**PHOTOSTEROLS;** These complex compounds of plant cell membranes are used to treat symptoms associated with BPH, (benign prostate hyperplasia). Photosterols also help promote a healthy cardiovascular system and contributes to a healthy digestive tract.

**ANTI-OXIDANTS;** Acai is rich in antocyanins, an essential anti-oxidizer that helps combat premature aging. In fact, acai has 10 –30 times more anthocyanins (purple colored anti-oxidants) that a glass of red wine.

Works Cited


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All about the Acai Berry, Nature's Superfood Antioxidant


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